BÖLÜM 5

OBEZİTE VE COVID-19 İLİŞKİSİ

Saadet ÇELİKÖZLÜ[1]

GİRİŞ

Koronavirüsler, bazı konakçılarda solunum ve bağırsak bozukluklarına neden olan tek sarmallı RNA virüsleri ailesidir. Bu ailenin altı alt tipi insanları enfekte edebilir. Bunların dördü (HCoV-NL63, HCoV-229E, HCoV-OC43 ve HKU1), bağışıklık sistemi baskılanmış kişilerde veya şiddetli solunum hastalığı olan çocuklarda ve yaşlı bireylerde hafif solunum yolu hastalığına neden olur. Diğer iki koronavirüs olan Orta Doğu Solunum Sendromu Koronavirüsü (MERS-CoV) ve Şiddetli Akut Solunum Yolu Sendromu Koronavirüsü-1 (SARSCoV-1), daha ciddi solunum yolu hastalıklarına neden olur. Son 20 yılda dünyada MERS-CoV ve SARS-CoV-1 salgınları meydana geldi ve bu virüsler yaklaşık 2.000 kişinin ölümüne sebep oldu.

Yeni bir koronavirüs üyesi olan SARS-CoV-2, ilk olarak Kasım 2019'da, Çin'in Hubei eyaletindeki Wuhan kentinde ortaya çıktı. Dünya Sağlık Örgütü ilk vakaların bildirilmesinden 3 ay sonra 11 Mart 2020'de bir pandemi durumu ilan etti. Yeni tip koronavirüs (SARS-CoV-2) enfeksiyonunun neden olduğu bir hastalık olan Koronavirüs Hastalığı-2019 (Covid-19), bir yıl içinde dünya çapında yaklaşık 130 milyon kişiyi enfekte etti ve 3 milyona yakın kişinin hayatını kaybetmesine sebep oldu. Türkiye'deki duruma baktığımızda ise, 1 yılda vaka sayılarının 3 milyona yakın olduğunu ve 30 bin civarında kişinin de hayatını kaybettiğini görmekteyiz[1].

Covid-19 hastalığında insandan insana bulaşma, esas olarak doğrudan temasla veya enfekte bir kişinin öksürüğü veya hapşırmasıyla yayılan damlacıklar yoluyla gerçekleşir. SARS-CoV-2, SARS-CoV-1'den 10 kat daha büyük bir afinite ile anjiyotensin dönüştürücü enzim 2 reseptörüne (ACE2) ve transmembran serin proteaz 2'ye (TMPRSS2) bağlanır ve konakçı hücreleri istila eder[2]. Akciğer en çok etkilenen organlardan biridir ve tip 2 alveolar hücreler ana hedeftir. Yoğun bakım ünitesi ve ventilasyon desteği gerektiren bilateral

[1] Dr. Öğretim Üyesi, Kütahya Dumlupınar Üniversitesi, saadet.celikozlu@dpu.edu.tr

- Obezite ve disfonksiyonel yağ dokusu, Covid-19 sırasında hastalığın seyrini kötüleştiren ve hastaların genel sağlığını etkileyebilen tip 2 diyabet, hipertansiyon, kardiyovasküler ve renal hastalıklar gibi komorbiditelerle ilişkilidir.

Sonuç olarak obezite, Covid-19 salgınının neden olduğu bu benzeri görülmemiş sağlık krizi bağlamında, özellikle yüksek obezite prevalansından etkilenen ülkelerde halk sağlığı stratejisinde dikkate alınması gereken bir faktördür.

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